

## Ear Infections

1. Use oil or lotion and rub from the ear down to the collar bone.
2. Push and rub on sinus'
3. Probiotic supplement such as Florijen- one cap a day.
4. Pull on ear to create an inner ear vacuum to help drain fluid out of ear
5. Wally's ear oil drops
6. Raise crib or bed 1-2 inches at head end to help drainage